

EPHESIANS - Ephesians 4:17-19

Message 70  
July 21/2019  
Words: 6378

INTRO: We are in Ephesians 4 once more. We are still in the second section of the practical section of the book. Let me just remind you that there are two sections; the theological and the practical. Let me read verses 17-24:

17 This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind,

18 having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart;

19 who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

20 But you have not so learned Christ,

21 if indeed you have heard Him and have been taught by Him, as the truth is in Jesus:

22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,

23 and be renewed in the spirit of your mind,

24 and that you put on the new man which was created according to God, in true righteousness and holiness.

What a tremendous and loaded passage this is! Paul has described their former life and what a perfect picture of all unsaved people it is! They walk in the futility of their mind. Their understanding is darkened. They are alienated from God. They are ignorant of the most important truth there is. They have given themselves over to shameless sinning. They work all manner of uncleanness with greediness.

And then, contrasted with that is that they have not so learned Christ, since they have heard of Him and been taught by Him. And

now they are to put off all the former life conduct. And that brings us to an exceedingly difficult verse. And so we begin this message with verse 23.

III. THE WORTHY WALK OF THE SAVED (4-6).

B. Walk Not Like The Gentiles (4:17-32)

1. The conversion (4:17-24)

b. How the present is to be (4:20-24)

-Be renewed

Verses 17-24 describes the conversion of the Ephesian Christians. Verses 17-19 describes what they were like before they were saved. We looked at that in the last message. Verses 20-24 now describe what they are to be like now that they are saved. After they had learned of Christ and were taught in Him, they were to put off concerning their former conduct, the old man. We looked at that as well, as it is given in verse 22.

So we go on then to verse 23 which says:

*23 and be renewed in the spirit of your mind,*

We have now come to the verse that has been one of the most difficult verses for me to understand for the longest amount of time. These are the most difficult words I have ever worked on with relation to the nature of man. I could not understand what is meant by the words, "in the spirit of your mind." I first studied this verse in 1986 to 87. When I was to write a 10,000 word paper for the Theology degree I was working on, I chose to write on the nature of man. I am always glad I did that. I got my first real look into modern psychology, which was taking off at that time in Bible schools. I studied this verse at that time and have puzzled about it ever since and I had no answer as to what the meaning was until I came to it now.

And now when I began to study it I did not know if I would get any further in my understanding. What is the spirit of the mind? I know of no such thing anywhere else in all the Bible. That does not mean it is not there, but I have never heard of it, nor do I know what it could refer to. Some say the spirit refers to the Holy Spirit. Others say it refers to the human spirit, or to some spirit of the mind. I studied these answers but could not settle on any one of them. My mind would not rest with those explanations.

Lloyd Jones did not think it refers to the spirit which is in man, or the Holy Spirit. So here is his conclusion. He says, "I suggest that the word means the interior principle that really governs and controls and operates the mind itself. By this I mean that, in addition to our faculties and powers and our intellectual abilities, there is a sort of spirit of the mind that controls the workings of the mind. That is the thing to which the Apostle is referring here" (IV:156). Now he also concludes that we cannot know if man is a two part being or a three part being. That hampers his psychology considerably. I know of no such thing anywhere in the Bible as he has described as the "spirit of the mind".

So as I came to this verse once more, I began to study it anew. Having now studied the Bible for a number of years, I am able to put more things together in Scripture than I could when I originally studied this subject. I am going to give some of that information and if it does not mean much to you, that is fine. I am giving it so that someone listening online will know how I came to my conclusion. Or they might e-mail me with a correction if they have one.

So let me give some grammatical information regarding our text as it is most crucial to interpreting this otherwise very difficult passage. The word

"spirit" in this text is in the dative case. For those who know the cases of nouns in the original language you know that sometimes there are more than one different possibility of translation in any particular case. So as I began to study this verse again, I checked to see if the options of the dative case might give me a new clue. For those who might be familiar with the original language, the dative that works for me is the dative of agency (Wallace 163). If that is its use here, I will show what this means in our text in a moment, because it depends on what option one picks in the case of the next noun, which is the word "mind."

What troubled me with regard to this word is that I do not know of a "spirit of the mind." What spirit is that? I do not know of such a spirit anywhere else in the Bible. That does not mean it is not there, but I have never heard of it, nor do I know what it could refer to. Some say it refers to the Holy Spirit. Others say it refers to the human spirit, or to some spirit of the mind. The word "mind" is in the genitive case and the genitive case also has numerous options. And as I went through those I came to the genitive of reference or we might translate it as "with respect to." So as I researched this once more, I found that this kind of genitive works the best for me of anything I have come to so far.

This genitive is the genitive of *reference* or *respect*. Wallace, in the Greek grammar book I mentioned says the key to identifying such a genitive is that if you can supply the words "with reference to" or "with respect to" it could be such a genitive. So if I would be right on the dative case of the word "spirit" and the genitive of the word "mind", here is how our verse would read: "And be renewed by the Spirit (meaning the Holy Spirit) with respect to (or with reference to) the mind."

If that is correct, and I believe it is, then this is the key to

the whole passage! If that is correct, this verse in its context is the key to putting off the old man! This is then also the key to putting on the new man! If that is so, here is the key to Christian growth! Here is the key to Christian victory! Now that is a big proposition.

Now I mostly do not agree with Lloyd Jones understanding of the psychology of man in the NT. But in spite of that he says something important regarding the few words in this verse. He says, "...it would be very wrong to regard this statement as merely an introduction to what is coming. Indeed I make bold to suggest that this verse which is placed here between the two exhortations, and which, superficially viewed, is merely a connecting link, is in reality the key to understanding the secret of being able to put off the old man and to put on the new" (5:153). I think he is right.

You see, in the previous message we looked at putting off the old man. In these verses we are in the heart of the doctrine of sanctification. And here is the question: How do we overcome sin? That is a huge question, and I believe this verse is the key. Paul has told them to put off the old and to put on the new. And without question, we must ask, "How are we to do that?" And the answer is, "be renewed by the Spirit, with respect to the mind." So we must explore that.

Look now at verses 20-24 and note where and between what our verse is found:

20 *But you have not so learned Christ,*

21 *if indeed you have heard Him and have been taught by Him, as the truth is in Jesus:*

22 *that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,*

23 *and be renewed in the spirit of your mind,*

24 *and that you put on the new man which was created according to God, in true righteousness and holiness.*

Our verse is found between two purpose clauses like this: "...that you put off the old man, and that you put on the new man." How will you put off the old man? How will you put on the new man? That is what we are told in between those two clauses. It is by being renewed by the Holy Spirit with reference to the mind. The specific area the Holy Spirit needs to work on to renew us is in the mind and we will look at what that means.

Now the clause in verse 22, "...that you put off..." and 23, "and be renewed..." and 24 "...that you put on..." all begin in the original with an infinitive verb. I think it might have been translated, "...to put off..." and "...to be renewed..." and "...to put on..." That is the usual use of the infinitive verb.

The idea would then go like this. They had not so learned Christ, since they had heard Him and been taught in Him, as the truth is in Jesus; to put off the old man, to be renewed by the Spirit regarding the mind, and to put on the new man. In Christ one learns how to be saved from sin, and this is how one overcomes sin: by putting off the old man, by being renewed by the Holy Spirit with regard to the mind, and by putting on the new man.

We have looked at the putting off of the old man. We go now to the infinitive "to be renewed." Now this infinitive is in the present tense. We could well express it like this, "to be being renewed by the Holy Spirit with respect to the mind." It is to be an ongoing thing, and what I can say, after many years as a Christian? I can say that the need for this never ends.

Now there is something very interesting in the word "to be renewed." I have pointed out at other times that there are two NT words for "new." One is

new in time and the other is new in quality. The word here is that which is new in time. How many times have you heard this saying or said it yourself, "I wish I could go back in life and do some things over. I would like a new start"? I think that is the idea of the word "new" here. The word here is *ananoew*. It comes from the preposition "back" or "again" plus the word "new." It is "back new," or "again new."

Let me illustrate my understanding of it in practical life. I used to smoke cigarettes. Let us say I wished I could go back again and I would then not start smoking. Now through Christ, in my life it is graced to me that I can repent. I can change my mind. And then with a cleared history of smoking by repentance, I can start again. I can have a brand new start!

Turn with me to Romans 12. Oh how full the Scripture is. Look at verses 1-2:

*1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.*

*2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

Paul says, "Do not be conformed to this world, but be transformed." Translated literally it would read like this, "Stop being conformed to this world, but be transformed." OK, so how am I to do that? Look at his answer, "...by the renewing of your mind..." Now the word "to renew" here uses the other word for "new." In Ephesians Paul is not speaking of the renewing of the mind, but the renewing of my practice in life. When I repent and turn from sin, I get a brand new start. But how does that new start come? By renewal of the mind. My mind was once new but it has been in use for a long time. But when I

repent (metanoia), which has the word for "mind" in it, when I repent and store new things in it, I did not get a brand new mind, that is one that had never been used. I got a mind new in quality. Oh, how precise Scripture is.

Let me quote from Vine's Dictionary on this word. He says, "The renewal mentioned here is not that of the mind itself in its natural powers of memory, judgment and perception, but 'the spirit of the mind,' which, under the controlling power of the indwelling Holy Spirit, directs its bent and energies Godward in the enjoyment of 'fellowship with the Father and with His Son, Jesus Christ,' and of the fulfillment of the will of God."

How is the mind renewed? By the Holy Spirit! How is my life renewed? By the renewal of the mind! When we let the Holy Spirit of God have His way in our lives' He will change the things we store in our minds, and our thinking will change how we live entirely. And in Christ, our life can get a brand new start!

But it is a continual practice. We can learn all this from examples in the OT. Before Israel entered the land of Canaan God said this in Exodus 23:29-30:

29 *"I will not drive them out from before you in one year, lest the land become desolate and the beast of the field become too numerous for you.*

30 *"Little by little I will drive them out from before you, until you have increased, and you inherit the land.*

There before Israel, lay a land full of desperately wicked people. And they were to drive them out. And just as Israel took over the land little by little, so we are renewed little by little. Each area of our lives has to be conquered. We are in a battle. The devil owned our mind. It



caused me to live in futility. But now that I am saved, the devil still owns much of what is there. But God has given it all to us but we have to conquer it. And when an area is conquered, that part of my life gets a brand new start. And our great danger is failing to deal with anything when we meet it. That was Israel's great danger and their downfall.

So we are to be renewed by the Holy Spirit, with reference to the mind. It is a process. It is like renovating a house. You see, you are renewing the house. There you have a new table, that is new in time. But it is in a house that is being renewed. The house existed before, but it is being renewed.

-By the Spirit

That brings us now to the word "Spirit". I believe it refers to the Holy Spirit. Listen to Galatians 5:16-18:

*16 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.*

*17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.*

*18 But if you are led by the Spirit, you are not under the law.*

Well, in my interpretation of our verse we are renewed by the Holy Spirit with respect to the mind. We are to be led by the Spirit. No Holy Spirit, no new life. Paul says in Romans 8:9 that if we do not have the Spirit we do not belong to Christ. So we consider first the Holy Spirit in the renewal of the Christian. I know of no greater power to change life than that of the Holy Spirit, and He works in and through our mind. I believe knowledge is the fuel the Holy Spirit needs to work in our lives. Without knowledge there is no conviction. The Lord said in Hosea 4:6, "My people are destroyed for lack of

knowledge."

Now putting off the old man means dealing with the sinful life of the past. How do you put off cigarette smoking? How do you stop lying? Well, one of the first things that has to happen is conviction of sin. Conviction of sin brings guilt. Guilt is a prison with iron bars, with only one door of escape, repentance.

Listen to these words of Jesus in John 16:7-11:

7 *"Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.*

8 *"And when He has come, He will convict the world of sin, and of righteousness, and of judgment:*

9 *"of sin, because they do not believe in Me;*

10 *"of righteousness, because I go to My Father and you see Me no more;*

11 *"of judgment, because the ruler of this world is judged.*

Turn to John 8. One day Jesus went to the Mount of Olives and He sat and taught the people. So we go to verse 3:

3 *Then the scribes and Pharisees brought to Him a woman caught in adultery. And when they had set her in the midst,*

4 *they said to Him, "Teacher, this woman was caught in adultery, in the very act.*

5 *"Now Moses, in the law, commanded us that such should be stoned. But what do You say?"*

6 *This they said, testing Him, that they might have something of which to accuse Him. But Jesus stooped down and wrote on the ground with His finger, as though He did not hear.*

7 So when they continued asking Him, He raised Himself up and said to them, "He who is without sin among you, let him throw a stone at her first."

8 And again He stooped down and wrote on the ground.

9 Then those who heard it, being convicted by their conscience, went out one by one, beginning with the oldest even to the last. And Jesus was left alone, and the woman standing in the midst.

10 When Jesus had raised Himself up and saw no one but the woman, He said to her, "Woman, where are those accusers of yours? Has no one condemned you?"

11 She said, "No one, Lord." And Jesus said to her, "Neither do I condemn you; go and sin no more."

Maybe the Lord wrote the 10 commandments on the ground. Whatever He wrote, it was information that convicted them through their conscience. Now what will shut us up like a burning conscience? I mentioned in the previous message a seared conscience. How do you do that? By not obeying it for too long. The nerves from the conscience will be cauterized and will no longer send messages. And it leads to shameless conduct.

Now, there is a general conviction that all people experience. This conviction comes to children from a very young age. It is the conviction that comes through the conscience. The conscience is a "co-knowledge" in Scripture. It is a knowledge that is put there by God. I know, without being taught, that lying is wrong, stealing is wrong, etc... Every normal person is born with this knowledge and the Holy Spirit can use that in everybody.

But then, as we grow older, the teaching that we receive or the lack of it affects what the Holy Spirit can convict us about. We can be taught to take revenge, and when we do that we may not feel conviction because that is how we are taught. The Holy Spirit has a difficult time convicting

us now. But if we are taught Bible truths, now the Holy Spirit has a lot more to work on. Even in the unsaved. If we are unsaved and taught truth, the Holy Spirit can use that truth to convict us. The Holy Spirit works through the Word of God. When the Word of God is put into our mind, He can go to work. He will convict us.

Let me give you an example. When Paul was apprehended and he was brought before Felix in Caesarea he was brought before Felix. Felix was a governor, and listen what happened to him as Paul shared his story with him. Acts 24:25 says:

*25 And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.*

When truth is put into someone's mind, the Holy Spirit can make hardened sinners to tremble. The Suter Twins, in their revival ministry had many stories. There are stories related to marriage, finances, lying, cheating and many, many more. All over our community, in pastors as well as lay people, lie buried things.

And when we become Christians, and the Word of God is put into our minds by hearing the Word preached or read or taught, the Holy Spirit can speak to us about things not even mentioned in the Bible.

Let me give an example. Lloyd Jones talks about a man in his land, England, who grew a large mustache of which he was very proud. He was also a fighter. And one day he got saved and he started to come to church. And after a while his mustache disappeared. And Jones was very concerned somebody in church had been unhappy about the man's long horned mustache and therefore he had cut it off.

And so after church one day he called him aside and asked him who had told him to cut off his mustache and he

said nobody had. Jones could not believe this, because it had been such a big thing to this man so he insisted for the man to tell him because Jones wanted to deal with that man. So Jones said, "Then why did you get rid of it?" And this man said, "'I will tell you, he said, I was getting up, actually, this morning and after I had washed, I went to the looking-glass, and I was there,' he said, 'brushing my hair. Suddenly I saw my mustaches - on account of its size he reckoned it as two mustaches - and I said to myself, Them things don't belong to a Christian! So I cut of the ends, he said, and I shaved off the rest" (IV:148).

You see, the Holy Spirit had said, "Put off the old man." This man was illiterate, but he could read the Holy Spirit. Then Jones says, "I would to God that this church were full of such people! I see Christians today, even deliberately, it seems to me, putting on the old man! Putting on things that belong to the life of the flesh and the devil and the world. And they have not yet realized that 'Them things don't belong to a Christian'!" (IV:148).

Now you see, the Apostle Paul was speaking to the Ephesians to be renewed by the Holy Spirit with reference to the mind. Now there is no over-emphasizing of the importance of the work of the Holy Spirit in our lives. The Holy Spirit is able to probe where no preacher can probe.

We often would like a brand new start on something. Well, if I have been a habitual liar, as a Christian I can now have a brand new start. How? I can repent, get rid of the old by stopping lying. Then I can put on the new by beginning to tell the truth. Maybe you say, "I have tried, but it just happens again and again." Well, then I recommend one thing has not happened yet. You have not repented to those you have been lying to. The word "mind" in our text and the word "to repent" have the same root word and we'll

look at it later.

Some of you parents are reading through the Bible with your children. I know it takes a lot of discipline to do that. But here is what I want to encourage you with: you are giving the Holy Spirit a lot of fuel to work on in your children! When you insist that your children go to church, you are giving the Holy Spirit even more fuel. Give the Holy Spirit all the fuel you can to direct the lives of your children.

-With respect to the mind

We have yet one more word to consider in this great text. Let me read it like this, "You have heard Christ and have been taught in Him to put off the old man, and to be being renewed by the Holy Spirit with reference to the mind."

As I have mentioned, we have three clauses that begin with an infinitive. But these infinitives have imperative force. We are to put off the old man. That is a command. We are to be renewed by the Spirit with reference to the mind. So, here is the question, what are we to do in order to be renewed? Let me put the question like this. Let us say I have a tumor in my brain and the doctor says, "I want you to have that removed." Obviously you can't remove it yourself. So you have to put yourself in a position where it is possible for someone else to remove it. So you go to the doctor and request for him to remove it. You see, to have it removed you have to do something, but you can't do the removal yourself. That is the nature of the case here.

So here is the question: What responsibility do I have in being renewed by the Holy Spirit with reference to the mind? Well, we spoke of this earlier. I have to put information into the mind through which the Holy Spirit can work. That is what Bible reading is to do. That is what Bible study is to do. That is what going to church is to do. In order for the Holy Spirit to renew

me, I must put the right information into my mind.

Now, to understand the mind, it is most helpful to understand the makeup of man's spiritual nature as related to the heart or the mind. For over 30 years I have studied the nature of man. I want to run that by you once more. I have no doubt you have not memorized this yet.

This box represents an entire person; body, soul and spirit. The body is what you see, the material part of man, and that is represented by this box. For those who listen to this message without being able to see this, you will have to use your imagination.

Now inside this box I have two smaller parts. These represent the immaterial spirit and the soul. Man is a three-part being; body, soul and spirit (1 Thess. 5:23). Our subject this morning is one part of the soul, the mind. Now this mind, in my understanding, has four parts to it.

Let me stop here and share a verse with you. It is Hebrews 4:12. It has some very interesting things to say about the soul and the spirit parts of man. It says:

*12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.*

Notice the words "...piercing even to the division of soul and spirit..." Now it sounds as if the Word of God can divide between soul and spirit. It can, but it means much more than that. Literally, it could be translated like this: "...piercing even to the dividing of the soul into its parts, and the spirit into its parts..." Both soul and spirit are in the genitive case. What that means, is the Word of God knows the individual parts of the soul and of the spirit.

You see, the body can be divided into its parts. We can do that because it is material. But we can't do that with soul and spirit because they are immaterial. So let me give you now what I see as some of the parts the Bible gives us of the soul. It has that which is represented by the kidneys. It has that which is represented by the bowels, those are the emotions. Then it has that which is represented by the heart, and I believe that has four further divisions.

The heart speaks of all that has to do with what we call the mind. As I see it, it has the memory. This is a specific capacity of the mind. Then it has the conscience, the knowledge we are given at birth. Then it has the *phreen*, the data processor of the mind. And last it has the *nous*, the data storage part of the mind. And now finally we have arrived at what Paul is talking about in this verse. We are to be renewed by the Spirit with reference to this part in our soul.

Let me explain how the *nous* works. We take in information through the body, and it enters the soul and goes to the heart or mind. It is processed in the data processor and then is stored. Information may be stored according to the moods of verbs. It may be stored as fact, contrary to fact; as possibility or impossibility; or it may be stored as a wish, something desired.

Then all smells are recorded here. You might have stored some smell as a smell of danger or something you like etc... All sounds are stored here. All things we have seen are stored here. We may not be able to recall them all but they are there. Then we have stored moral information. It is not good to do this and it is good to do that etc... This is a very huge part of us.

But the bad news is that in this storage part every sin I have ever done, whether in thought, word or action



is there as well! Let me picture that with the color black. So let us put this part of man now in light of verses 17-19. We begin with verse 17:

17 *This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind,*

How do the lost live? In the futility of what? In the futility of their *nous*! All the stuff they have stored there leads them deeper and deeper into vanity. Now look at verse 18:

18 *having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart;*

They have their understanding, their *dianoia* darkened. All the thinking through of the stuff they have stored in the *nous* is darkened by sin. That is because of the ignorance that is in them. And that ignorance is a *nous* devoid of things they need to know. And all that is because of the blindness of their heart, the whole of the mind. And what does that do? Verse 19:

19 *who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.*

A life like that leads one to become past feeling. The conscience in the heart will no longer sound. And thus they have given themselves over to shameless, sinful conduct, with greediness! Oh, what a dark picture!

And then Paul says, "But you have not so learned Christ, assuming you have heard Him and have been taught in Him, as the truth is in Jesus, to put off the old man and to be renewed by the Spirit with respect to the mind." What a huge transformation this is. This is called conversion; putting off and putting on.

So there, stored in the mind, is the data that will send me to hell. Unless that darkness, that black in my soul is taken care of in some way, I will go to hell. And the worst news is that there is nothing I can ever do that will change any of that black at all. If I did no sin from now on until I died, and if I went to church and did only good works from now on until I died, I would still go to hell. All this for sin could not atone, thou must save and thou alone.

But of course, this is where the good news comes in and it has to do with the *nous* as well. The word, "to repent" comes from this word *nous*. Listen to what the Lord said in Isaiah 1:18, "Come now, and let us reason together," Says the LORD, "Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool." God is a reasonable, rational God. And through repentance, all that darkness in us can be made white as snow. Repentance is one of the greatest and most positive messages in all the Bible. But doing it is one of the hardest.

Now, when I have repented and believe in Christ for my salvation, I begin a new life. Paul says, "Behold, old things have passed away, all things have become new." And now come Paul's words of our text, "...that you put off, concerning your former conduct, the old man...and that you be continually renewed by the Spirit with reference to the mind, and that you put on the new man. Here we have a process. One sin after another should go, and we should continually grow in righteousness.

Now in our text, it is not the mind that is the key point. It is the renewal by the Holy Spirit. What is important is that the Holy Spirit does this through the mind. Now here is an important point. We allow the Holy Spirit to work in our lives when we voluntarily choose to put spiritual data into our mind. That is our task.

If we do not do that, the Holy Spirit cannot use what is not there. So we are to be renewed by the Holy Spirit, with respect to the mind.

The important thing now is to get the right data into our mind. And when we do, the Holy Spirit may cause us to come under conviction of some sin and then we must learn to submit to Him and repent. And when we do that and continue to take in information, and continue to reject old information that was not accurate, we will be renewed more and more. And we will be putting off the old man and that is the subject of our text.

CONCL: Well, what a passage is this! Here is the key to Christian victory! We are to be continually renewed by the Holy Spirit with respect to the mind. The renewal comes by getting rid of wrong things in our mind through repentance. And in the place where wrong things were stored we now put that which is right in its place. And when we do that the Holy Spirit will work through those right things and work deeper and deeper into our lives. Not only will we deal with larger sins, but soon we might stop doing things we might not even have considered before. It might even involve things like dressing differently or getting rid of something we are proud of. And then soon we will start doing things that we ought to do. And all of this has to do with what we cast out of our minds and what we put in. And in this way we put off the old and put on the new.